

# Heirloom

SEASONAL INGREDIENTS, CREATIVELY PREPARED.

## ENTREES/CROCKS

### **Lemon Chicken Plate** 9.25

Ohio Natural Chicken Breast w/ Lemon Thyme Sauce over Wild Rice/Quinoa with Steamed Broccoli

### **Veggie Tamale Pie** 9.75

Black Beans, Roasted Butternut Squash, Tomatillo, Red Chili topped w/Cheddar Tamale

### **Beef Tamale Pie** 10.25

Ohio 100% Grass-fed Ground Beef, Black Beans, Roasted Butternut Squash, Tomatillo, Red Chili topped w/Cheddar Tamale

### **"Big Kids Meal"** 8.25

Penne Pasta baked with Four Cheese Sauce (Asiago, Sharp White Cheddar, Parmesan & Cream Cheese) with choice of Steamed Vegetable or Leafy Green Salad

### **Turkey a la King Casserole** 9.25

Ohio Free Range Turkey, Carrots, Crimini Mushrooms & Peas topped w/ Parmesan Whipped Potatoes

## SALADS

\*Add Ohio Natural Chicken Breast or Organic Sesame Tofu to Any Salad for 3.00

### **Chopped Salad** 9.50

Romaine, Ohio Free Range Turkey, Bacon, Blue Cheese, Apple, Walnuts, Honey Herb Vinaigrette

### **Leafy Green Salad** Side 3.00 / Double 6.00

Greens, Carrot, Cucumber, Radish, Croutons, White Balsamic & Maple Vinaigrette

### **Spirugula** 8.50

Spinach, Arugula, Dried Cranberries, Spiced Pecans, Goat Cheese, Red Wine Vinaigrette

### **Asian Salad** 9.50

Spinach, Arugula, Romaine, Red & Green Cabbage, Ohio Natural Chicken or Sesame Tofu, Carrots, Radish, Mung Bean Sprouts, Sesame Ginger Vinaigrette

### **The Big Salad** 8.75

Mixed Greens, Arugula, Broccoli, Carrot, Cucumber, Raisins, Sunflower Seeds, Penne Pasta, Parmesan Croutons, White Balsamic & Maple Vinaigrette

Salads, Sandwiches, Entrees available after 10:30 am

## SANDWICHES

\*All served with Choice of: Side Salad, Grainy, Kettle Chips, or Mixed Fruit

### **Gila Monster** 9.25

Ohio Free Range Turkey Meatloaf, Green Chili & Southwest Aioli, Pepper Jack on Housemade Wheat Sourdough

### **Thai Peanut Luna Vegan Burger** 9.00

Topped with Cilantro Slaw, Arugula, Sweet Chili Sauce on Kaiser Roll

### **Veggie Wrap** 7.25

Hummos, Butternut Squacamole, Romaine, Carrot, Wrapped in Spinach Tortilla

### **Greek Wrap** 9.25

Romaine, Mixed Greens, Grilled Chicken, Feta, Kalamata Olives, Pickled Red Onion, Cucumber, Sun Dried Tomato Vinaigrette, Wrapped in Spinach Tortilla

### **BLP** 6.75

Thick-Cut Bacon, Greens, Roasted Red Pepper, Pepper Aioli, Toasted House Wheat Sourdough

### **Toasted Munster** 6.25

Munster Cheese with Raspberry Jam on Toasted House Wheat Sourdough

### **Chipotle Buffalo Chicken** 8.50

Chipotle Buffalo Ohio Natural Chicken, Arugula, Blue Cheese, Pickled Red Onion on Kaiser Roll

## LUNCH SIDES & SMALL STUFF

### **Kettle Chips** 2.00

### **Small Leafy Green Salad** 3.00

### **The "Grainy"** 3.50

A Changing Assortment of Freshly Cooked Grains and Veggies

### **Squash Gratin** 6.50

Roasted Butternut Squash w/Chilis, Lime, Cilantro, Asiago, Parmesan, White Cheddar, Served w/Toasted Pita Chips

### **Hummos & Vegetables** 5.75

Broccoli, Carrots, Cucumber, Toasted Pita Chips

### **Soup of the Day** 4.95

### **Soup & Small Leafy Green Salad Combo** 7.95

## BREAKFAST SERVED ALL DAY

### **Eye Opener Burrito** 7.75

Organic Ohio Eggs, Herbed Potatoes, Chorizo Sausage, Sharp Cheddar, Hot Sauce, Multigrain Tortilla Wrap

### **Vegan Eye Opener Burrito** 7.75

Organic Sesame Tofu, Herbed Potatoes, Vegan Sausage, Broccoli, Hot Sauce, Spinach Tortilla Wrap

### **Housemade Quiche** 6.50

Made with Organic Ohio Whole Wheat and Organic Ohio Eggs With Choice of Mixed Fruit or Leafy Green Salad

Choose from : \***Broccoli & Sharp White Cheddar & Asiago**

\***Quiche Lorraine** - Bacon, Caramelized Onion & Swiss

\***Spinach & Feta**

### **Breakfast Stir Fry** 8.00

Organic Brown Rice, Organic Ohio Eggs, Bacon, Broccoli, Roasted Red Pepper, Scallions

### **Housemade Cherry Almond Granola** 6.00

Served over Greek Vanilla Yogurt, or with your choice of Milk

\*Add Fresh Fruit for 1.50

### **Egg Sandwich** 4.75

Organic Ohio Eggs, Housemade Toasted Wheat Sourdough with Sharp White Cheddar

\*Add Luna Vegan Sausage, Bacon or Sausage to Sandwich 1.50

## BREAKFAST SIDES

**Thick Cut Bacon** (3) 3.00

**Maple Sausage** (2) or **Luna Vegan Sausage** 2.75

**Herb Roasted Potatoes** 2.50

**Mixed Fresh Fruit** 3.25

**Greek Vanilla Yogurt** 3.25

**Fresh Baked Pastries** (while they last) 1.25 - 3.00

## Bottled Beverages

**Apple Juice, Orange Juice** (10 oz Bottle) 2.00

**Coke, Diet, Sprite** (12 oz Can) 1.75

**Sparkling Water** (10 oz Bottle) 2.00

**Bottled Water** (20 oz Bottle) 2.00

## Beer and Wine

**Wine** 5.00

Ferrante Pinot Grigio, Hess Chardonnay, Rainstorm Pinot Noir, Santa Julia Reserva Cabernet Sauvignon

**Beer** 3.50

Great Lakes Dortmunder Gold, Great Lakes Burning River Pale Ale, Mt. Carmel Nut Brown Ale

## COFFEE

**Turtle Latte** 12oz 3.40 16oz 4.10

Espresso, Chocolate, Caramel, Hazelnut

**Milky Way** 3.40 4.10

Espresso, Chocolate, Caramel

**Almond Joy** 3.40 4.10

Espresso, Chocolate, Almond, Coconut

**Buckeye** 3.40 4.10

Espresso, Chocolate, Peanut Butter, Whipped Cream

**Cafe Mocha** 3.10 3.80

Espresso, Chocolate, Steamed Milk, Whipped Cream

**White Mocha** 3.30 4.00

Espresso, White Chocolate Sauce, Steamed Milk

**Cafe Latte** 2.75 3.40

Espresso, Steamed Milk

**Cappuccino** 2.75 3.40

Espresso, Steamed Milk, Milk Foam

**Americano** 2.10 2.40

Espresso, Hot Water

**Wexpresso** 2.10 2.40

Espresso, Coffee of the Day

**Espresso** 1.75 2.00

**Macchiato** 2.00 2.30

Espresso Marked with Milk Foam

**Cubano** 2.00 2.30

Espresso Brewed with Turbinado Sugar

**Coffee of the Day** 2.00 2.20

In-House Bottomless Mug 2.20

**Cafe Au Lait** 2.30 2.60

Coffee of the Day with Steamed Milk

## STEAMERS/TEA

**Hot Chocolate** 12oz 2.40 16oz 2.90

Steamed Milk, Chocolate, Whipped Cream

**Steamer** 2.40 2.90

Steamed Milk, Choice of Flavored Syrup

**Bumble Bee** 2.50 3.00

Steamed Milk, Vanilla, Honey

**Chai Tea Latte** 3.00 3.70

Spiced Chai Tea, Steamed Milk

**Hot Tea** 2.25

Shangri-La Organic Assorted Teas

**Iced Tea** 2.25

Organic Fresh Brewed Black Iced Tea - free refills in-house

\*Add any flavored syrup to your beverage: .50

Almond, Caramel, Coconut, Hazelnut, Vanilla, Peanut Butter

\*Add an extra shot of espresso .50

\*All hot beverages can be served over ice at no extra charge.